**Modern Dance**

**by Ella Fisher & Emma Liles**

Modern dance is a sport that keeps your body pumped! You can do modern dancing to lots of different sorts of music. Such as Rihanna, Christina Aguilera, Cee Lo Green and Ke$ha.

In the 80s, modern dancing started when FAME The Musical came out. In the 80s bright clothing was worn and it was dancing kind of clothes including legwarmers and sweatbands. It made everyone want to dance like them, the stars of Fame!

In modern dancing nobody really wins. At dance clubs there are usally leaders - both of us are leaders at our dance club. Our dance is Candyman!

Modern dancing is important to our country because everyone will get a chance to express themselves. Lots of English bands and singers dance. They probably started when they were little! We enjoy dancing me and Emma! And we always will!!! ☺ ☺ ☺ ☺

**Running**

**by Primrose Simkins & Wesley Moore**

Running is a type of sport that you race to the end of the track. It is a professional sport that you can do in the Olympics. People around the world run for their country so that they can win a trophy or medal and a flag.

In the Marathon thousands of people gather together and race just over 42 kilometres. You have to be fit, healthy and brave to take part in a marathon. The best thing to do is save your energy so that when you get to the finish line you can speed up because you have saved your energy.

Before you race have some water, then you can save your energy. Rest before you go on the race track. You have to try your best to win. Get ready to race R foot forward L foot back …then…. GO!!!!!!!!!!!!!!!!!!!!!!!

Usian bolt is a famous runner. He wins every race that he does in the Olympics. And when he wins, he gets a flag for his country and his country is Jamaica.

**Football**

**by Harry Williams & James Gaskin**

The aim in football is to pass around the ball and shoot and score a goal. The side which scores the most goals by the end of the match, wins.

# The rules

First you have 11 men aside and the referee has a yellow card and red card plus he has a booklet to book the players. Linesmen and the team can only swap three players. It is a foul if someone hand balls the ball or slides a player.

Main objectives

Are to have fun and enjoy the game and put in the effort plus take lots of shots.

# The way to score

To score, the ball must get over the line.

Football kit

A top, socks, boots, shorts and shin pads.

# Props

Two football goals and corner flags.

# People not playing

# Manager, substitutes, first aiders and fans.

# History

Football has been played since Tudor times (1485 onwards). In Tudors times there could be anything from 10 players to a whole village playing at the same time. For a football, participants used a pig’s bladder! There was no set pitch and often a lot of ground could be covered during the match.

**Rugby**

**by George Le Geyt**

The name of the sport is rugby. There are about 14 players in this game. They play in the autumn and winter.

*A rugby scrum*



You will need rugby posts, players, a pitch, a kit and some first aid. (You also need a rugby ball).

You have to pass backwards; also you have to score a try by getting the ball to the other end of the pitch and touching the white line or behind it.

Tackling

By tackling your opponents you have to crouch a little bit and put your hands out as if you were hugging someone and start pumping your legs and knock them over (keep on pumping your legs).

Offside

You have to be behind of the ball. If you are in front of the ball, it would be called offside.

Knock-ons

If you drop the ball in front of you it would be a knock on.

**Swimming**

**by Rebecca & Molly H**

The sport is important because it is healthy and fun at the same time! All you will need is a waterproof swimming costume to protect your body – and some water!

The rules of swimming are when you get in the pool you just can walk in the water but you can’t smoke but you can swim and play in the pool! When you get in the ocean to swim you have to make sure that there aren’t any sharks and jelly fish.

You can do swimming on all week days because it is a healthy and very relaxing. Make sure you can see a life guard so if you start to drown he /she will see you and save you. Equipment for swimming: you can use hoops to have fun and go through you can also have sticks with sand in them and you use them to go under water and try and grab them. Swimming is all about fun and learning and for your safety you can take swimming lessons to swim or learn to be a professional swimmer.

When you are young you will need either arm bands or a ring - so you won’t drown. The arm bands or ring help you stay up in the water. When your child is young make sure he/she will be safe by holding them. When you are swimming in the ocean make sure you can see your parents. When you have finished and come out of the ocean make sure you can see your mom and dad. For boys you will have to wear trunks and for girls you have a swimming costume and a swimming cap or maybe a bikini.

Different kinds of strokes: back stroke, front stroke like breast stroke or front crawl.

Tricks: a cannon ball, mushroom, handstand, forward roll, backwards roll and flip (if you’re a professional).

**Tennis**

**by Helen Harper & Ella Swinburne**

[Tennis](http://en.wikipedia.org/wiki/Tennis) is also one of England's important sports. This can be seen through one of the most prestigious tournaments in tennis, [Wimbledon](http://en.wikipedia.org/wiki/The_Championships,_Wimbledon), one of the four [Grand Slams](http://en.wikipedia.org/wiki/Grand_Slam_(tennis)). The others are the Australian Open, French Open and the US Open.   
  
Only a few tournaments attract numerous spectators of which Wimbledon is by far the most important: many thousands attend the championships every year and millions watch on television both at home and abroad.

*Famous tennis players*



**Rules**

To play tennis you need 2 rackets, a ball and a net. The game is played on a flat area marked out as a court. When the court was first designed it was extremely different. They kept experimenting with the height of the net and the width and length of court. Walter Wingfield was the main designer of tennis courts. In tennis you start off with 0 points and then you hit a ball over a net and if you miss the other person gets 15 points the game carries on until someone gets game the points go up in tennis like this 15 30 40 game.

**Clothing**

In tennis clothing has changed ever such a lot. In the early 20th century, trousers, cotton shirts and full-length dresses were worn. Players today can choose from a variety of technologically advanced clothing to help manage weather conditions. Nowadays tennis players wear short skirts and a T shirt for the girls and for the boy they wear shorts and a T shirt. They both wear wrist bands.

**History Facts**

A form of tennis was first played by French Monks in the 12th Century, this game was called “Jeu de Paume” which translated means “Palm Game”. Between the 16th and 18th centuries the game of the palm was highly regarded by kings and nobleman. The French players would begin the palm game by shouting the word "Tenez" (Play!). The palm game soon came to be called **"real tennis"**.

English King Henry VII built a tennis court at Hampton court palace. This court no longer exists but a similar court was built there in 1625 and is still in use today.

The first racquet was invented in Italy (history of tennis - web source).

The first Lawn tennis Championship in the World was held at Wimbledon in 1877. The first mention of woman playing real tennis in Paris was in 1421.

**Irish dancing**

**by Lily Anderson**

 Irish dancing isn’t as popular as other sports but still lots of people do it.

There are two types of Irish dancing shoes “hard” and “soft” shoe.

The main dances in Irish dancing are the “reel”, the “slip jig”, the “hornpipe” and the “Jig”. The “Reel” and “slip jig” are both light dances but “Hornpipe” and “Jig” are heavy dances.

People have harder steps as they move up levels. The highest level in Irish dancing is world champion. The lowest level is beginners.

*Lily*

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The girls costume and the boys costume are very different.